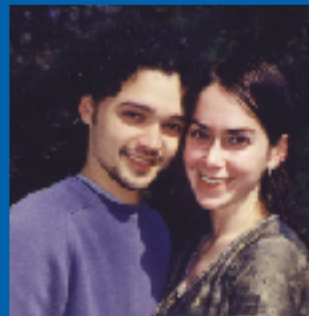


All men and women need *Folic Acid* every day.

Women need folic acid during their childbearing years to help prevent birth defects of the brain and spinal cord.



Folic acid may help prevent heart disease, stroke, and certain types of cancer.



How to get enough folic acid:

Take a multivitamin with 400 mcg of folic acid every day.

Eat a healthy diet, including foods containing folic acid like fortified breads and cereals, orange juice, peanuts, dried beans, and dark green vegetables.

Start today... Eat right! Be healthy!



Maryland Department of Health and Mental Hygiene
Family Health Administration, Center for Maternal and Child Health and the Office of the Maryland WIC Program
Robert L. Ehrlich, Jr., Governor; Michael S. Steele, Lieutenant Governor; Nelson J. Sabatini, Secretary, DHMH

Funded by a Folic Acid Leadership Grant Award from the March of Dimes